

Resources & Reminders for Talking with Families

- ☐ Neuroscientist Daniel Levitin recommends “pre-mortem” planning which simply means putting systems in place that will assist you when you know you will be stressed since the very nature of stress means increased levels of cortisol which leads to cloudy thinking.
 - Participate in reflective supervision/consultation to create that safe space to explore stressful work situations.
 - Ensure you have a daily practice of self-care. Ideas to explore and consider include utilizing mindfulness and/or gratefulness practice, exercise, good nutrition and hydration, spend time with positive people, and have hobbies and/or activities outside of the work you do.

- ☐ Check out the resource section on Robin Rose’s website for many useful handouts for managing stress and being at your best!! www.robinrose.com

- ☐ www.drdansiegel.com contains many videos and resources related to mindfulness, relationships with ourselves & others – all based on science.

- ☐ Remember ... **NO ONE is successful 100% of the time!!!** Relationships are a two-way street. We can be 100% responsible for our part, only our part. We only know the parts of the story the parent shares with us. Families cancel appointments. They fail to show up. They drop out of programs. Rarely are their reasons connected to us ...

- ☐ Participate in regular reflective supervision/consultation (RSC). See <http://mi-aimh.org/alliance/reflective-supervisionconsultation/> for more specific information and guidance about RSC. Contact the Aim Early Idaho Endorsement Coordinator at endorsement@aimearlyidaho.org for more information about individuals who can provide RSC in Idaho and links to distance resources.

- ☐ Remind yourself ... before, during, and after each visit ... **how** you ARE is AS IMPORTANT as **what** you do (Jeree Pawl). Being “helpful” may not be helpful at all.

- ☐ Hold in mind and practice ...
 - Creating opportunities for informal exchanges
 - Acknowledging child and family strengths (in a genuine and heartfelt manner)
 - Soliciting parents’ opinions and ideas (even when we aren’t convinced of their merit)
 - Seeking understanding of all perspectives in the family.
 - Demonstrating caring for the whole family ... not just the incredibly engaging infant or toddler
 - Acknowledging and responding to feelings